

## AMA Healthier Life Steps™

A physician-patient alliance for a longer, healthier life

# Your personal health habits questionnaire

### Choose better health.

Your doctor wants to help you live a healthier lifestyle.

Your name \_\_\_\_\_

Date \_\_\_\_\_

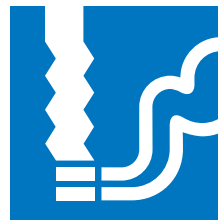
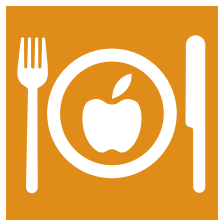
Your physician is participating in AMA Healthier Life Steps,™ a national program to help patients live a healthy life and feel better. Studies show that you can make a difference in your health even if you don't have medical problems and are healthy for the most part. Even if you don't use tobacco or drink alcohol, you still need to set healthy eating and physical activity goals.

Please answer the following questions about your readiness to change your habits. Your answers will assist your doctor and other health care staff to help you achieve and keep living a healthier lifestyle. Because your doctor wants to help you build healthy habits for the rest of your life, you may be asked to fill out this form regularly.

### Healthy eating

The goals for every healthy adult, every day, regardless of his or her weight, are to:

- Eat 1 ½ to 2 ½ cup-size servings of fruit.
- Eat 2 to 4 cup-size servings of vegetables.
- Eat mostly whole grains.
- Avoid unhealthy trans fats and saturated fats.
- Limit salty and sugary foods.
- Keep total calories to an amount that is right for his/her height and weight.



**Ask yourself:** “How ready am I to take action to eat healthier and discuss a specific plan with my doctor during this visit?”

- Thinking about it; maybe next visit.
- Planning and would like to learn more about what I need to do.
- Ready to take action.
- Keeping up with my healthy eating. Currently I am: *(Write in your healthy eating habit(s) and how often you do it.)*

## Physical activity

The goal for every healthy adult is to engage in at least:

- 30 minutes of moderate-intensity aerobic (endurance) physical activity on five days each week, OR
- 20 minutes of vigorous-intensity aerobic physical activity on three days each week.

**Ask yourself:** “How ready am I to take action to increase my physical activity and discuss a specific plan with my doctor during this visit?”

- Thinking about it; maybe next visit.
- Planning and would like to learn more about what I need to do.
- Ready to take action.
- Keeping up with my physical activity. Currently I am: *(Write in the activity and how long and how often you do it.)*

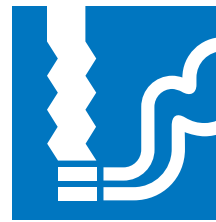
## Quitting smoking

The goal for every healthy adult is to not use any tobacco products at all.

- I’ve never smoked.

**Ask yourself:** “How ready am I to take action to stop using tobacco and discuss a specific plan with my doctor during this visit?”

- Thinking about it; maybe next visit.
- Planning and would like to learn more about what I need to do.
- Ready to take action.
- I quit on: *(Fill in the date below.)*



## Reducing risky drinking

The goal for every healthy adult who chooses to consume alcohol is to have no more than one drink per day (women) or two drinks per day (men).

Recommended limits for *number of drinks*:

- On any *day* never more than 3 (women) or 4 (men)
- In a typical *week* no more than 7 (women) or 14 (men).

Some people should not drink at all, including:

- Women who are or are trying to become pregnant
- People planning to drive or engage in other activities requiring alertness and skill (such as driving a car, using machinery)
- People taking certain over-the-counter or prescription medications
- People with medical or psychiatric conditions caused by or that can be made worse by drinking
- Recovering alcoholics or those with an alcohol use disorder
- Anyone younger than age 21

I don't drink alcohol.

**Ask yourself:** “How ready am I to take action to lower risky alcohol use and discuss a specific plan with my doctor during this visit? (Risky drinking is drinking alcohol in a way that may cause you problems.)”

- Thinking about it; maybe next visit.
- Planning and would like to learn more about what I need to do.
- Ready to take action.
- Drinking no more than one (women) or two (men) drinks per day.
- I stopped drinking alcohol on: (*Fill in the date below.*)